

Application No. 10/693,168
Preliminary Amdt. Dated March 30, 2005

Amendments to the Specification

Please amend on Page 1, ¶1 as follows:

BE IT KNOWN THAT I, Alfred Dana III, a resident of the State of Florida and citizen of the United States of America, have invented a certain new and useful improvement in a Male Exercise Device to Maximize Kegel Exercises, of which the following is a Specification:

Please Insert on Page 5, ¶2 as follows:

It is still a further object to provide a device having particular utility in maximizing Kegel exercises.

Please amend on Page 7, ¶1 as follows:

With reference to the front elevational view of Fig. 1, an inventive male exercise device 10 may be seen to include first and second flexible elongate pads 28 and 30, each having a width and length proportioned for engagement about an erect penis 14 as is shown in Fig. 1. Therein, a first flexible pad 27 is positioned proximally to base 12 of the penis while a second pad 28 is positioned proximally to glans 15 of the erect penis 14. The positioning of the pads allow the user to adjust the placement on the erect penis to offer even continuity of strength training throughout the entire length and girth of the erect penis and all related pelvic area muscles thereto. It should be noted that the device 10 is intended for use only on an erect penis 14 and offers no benefits on a flaccid penis. An erection is necessary when the device is in place to target the exact muscles to maximize the Kegel exercises.

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Please amend on Page 7-8, ¶3 as follows:

Further shown in Fig. 1 is a weighted bag 16 which, through connecting means 18, is connected to a clip 20 which, as is shown in Fig. 3, enables attachment of bag 16 to central spring section 29. It is to be noted that a torsion effect of central spring 29 is such that lever arms 24 and 25 thereof may rotate, or angularly oscillate, along angles A and B in accordance with contractions, flexures or other motions of the erect penis in attempting to overcome the weight contained within bag 16. This may be more fully appreciated with reference to Fig. 2 in which, responsive to a contraction of the pubococcygeus muscle, penis 14 is elevated thereby causing lever arms 24 and 25 to move along angles A and B of Fig. 1 and to thereby decrease the relative acute angle between the lever arms, which maximize Kegel exercises. As may be further appreciated, exercises in the use of the present invention are not limited to the pubococcygeus muscle but, as well, require use of muscles of the lower stomach and other muscles of the pubic area. As such, exercises performed with the inventive device will also result in a tighter and flatter stomach. Further, angular oscillation of angles A and B, also termed the "rocking vibration/bounce effect" of the spring 29, confers various biomechanical advantages, a result of which is to strengthen and enlarge the entire penis as well as enhance latent penis growth.

Please amend on Page 8, ¶3 as follows:

It has been found that the length of lever arms 24 and 25 should preferably be in a range of about 5 to about 8 centimeters, and that the length of said flexible pads 27 and 28 should be in a range of about 8 to about 15 centimeters and have a width in a

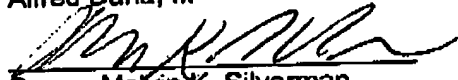
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range of about 2 to about 4 centimeters. The total length of flexible cords 30 and 31 is preferably in a range of about 30 to about 50 centimeters. The flexible pads 27/28 and the flexible cords 30/31 may be flexible but may also be composed of a rigid material which is non-flexible. With respect to weights provided within weighted bag 16, selectable weights, preferably in the form of metal balls, marbles or water weights may be placed therein, the same having an aggregate weight in a range of about 15 to about 500 grams.

4. 7. 05

Date of Signature

Respectfully submitted,
Alfred Dana, III


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